EMU follows the CDC Guidelines for International and Domestic Travel

Return to U.S. After International Travel

You may have been exposed to COVID-19 on your travels. You may feel well and not have any symptoms, but you can still spread the virus to others. You and your travel companions (including children) may pose a risk to your family, friends, and community after your travel.

FULLY VACCINATED TRAVELERS

- Get tested with a [viral test](#) 3-5 days after travel.
  - If your test is positive, isolate yourself to protect others from getting infected.
- Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.

UNVACCINATED TRAVELERS

- Get tested with a [viral test](#) 3-5 days after travel AND stay home and self-quarantine for a full 7 days after travel.
  - Even if you test negative, stay home and self-quarantine for the full 7 days.
  - If your test is positive, isolate yourself to protect others from getting infected.
- If you don’t get tested, stay home and self-quarantine for 10 days after travel.
- Avoid being around people who are at increased risk for severe illness for 14 days, whether you get tested or not.

Return from Domestic Travel

The CDC does not require that domestic travelers undergo a mandatory federal quarantine, but CDC recommends you get tested AND stay home and self-quarantine after travel.

FULLY VACCINATED TRAVELERS

You do NOT need to get tested or self-quarantine if you are fully vaccinated or have recovered from COVID-19 in the past 3 months. You should still follow all other travel recommendations.

- Fully vaccinated travelers are less likely to get and spread COVID-19.
- People who are fully vaccinated with an FDA-authorized vaccine can travel safely within the United States:
  - Fully vaccinated travelers do not need to get tested before or after travel unless their destination requires it
  - Fully vaccinated travelers do not need to self-quarantine
- Fully vaccinated travelers should still follow CDC’s recommendations for traveling safely including:
  - Wear a mask over your nose and mouth
- Stay 6 feet from others and avoid crowds
- Wash your hands often or use hand sanitizer

**UNVACCINATED TRAVELERS**

Eastern strongly recommends that *unvaccinated* individuals follow the same steps for return from domestic travel as outlined for international travel, especially for travel from states with high incidence of positive COVID-19 cases.